Green Cleanse (Juice)

Leslie Price Everyday with Racheal Ray

Servings: 1 Yield: 1 1/2 cups

3 ribs celery

1 bunch Swiss chard

1 bunch Tuscan kale

1 handful baby spinach

1 apple

1 lemon

1/2 cucumber

1/2 bunch flat-leaf parsley

1/4 head romaine lettuce

Beverages

Home Juicing How-To:

- 1. Wash the ingredients; remove the stems and peel the citrus. Thinskinned fruits and vegetables, like apples or cucumber, don't need to be peeled.
- 2. Halve large fruits and vegetables so they'll fit into the juicer tube.
- 3. Turn the juicer on and feed the ingredients into the tube one at a time. Juice hard vegetables at a high speed and softer fruits at a low speed. Pour into a glass and drink up.

No Juicer? No problem! Run firm ingredients through a food processor fitted with a grating disk. Transfer to a bowl, remove the disk and insert the standard blade. Puree' the ingredients for 5 minutes, then press through a fine-mesh strainer.

Per Serving (excluding unknown items): 163 Calories; 1g Fat (6.3% calories from fat); 6g Protein; 41g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 163mg Sodium. Exchanges: 2 1/2 Vegetable; 1 1/2 Fruit

Dar Carvina Mutritional Analysis

Calories (kcal):	163	Vitamin B6 (mg):	.4mg
% Calories from Fat:	6.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	81.0%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	12.6%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	1g	Folacin (mcg):	335mcg
Saturated Fat (g):	trace	Niacin (mg):	2mg
Catarateur at (g).	lidoc	Caffeine (mg):	0mg

1

Monounsaturated Fat (g):	trace	Alcohol (kcal):	0
Polyunsaturated Fat (g):	1g	% Pofuso	በ በ%
Cholesterol (mg):	0mg	Food Exchanges Grain (Starch): Lean Meat: Vegetable: Fruit: Non-Fat Milk: Fat: Other Carbohydrates:	
Carbohydrate (g):	41g		0
Dietary Fiber (g): Protein (g):	11g 6g		0
Sodium (mg):	163mg		2 1/2 1 1/2
Potassium (mg): Calcium (mg):	1448mg 174mg		0
Iron (mg): Zinc (mg):	4mg 1mg		0 0
Vitamin C (mg):	108mg 6332IU		
Vitamin A (i.u.): Vitamin A (r.e.):	632RE		

Nutrition Facts

Servings per Recipe: 1

Calories 163	Calories from Fat: 10
	% Daily Values*
Total Fat 1g	2%
Saturated Fat trace	1%
Cholesterol Omg	0%
Sodium 163mg	7%
Total Carbohydrates 41g	14%
Dietary Fiber 11g	45%
Protein 6g	
Vitamin A	127%
Vitamin C	180%
Calcium	17%
Iron	22%

^{*} Percent Daily Values are based on a 2000 calorie diet.